

RAINBOW MESSENGER JANUARY, 2010



- **WALKING:** - In climate-controlled banquet room, twenty-five (25) laps equals a mile.



- **OUTSIDE WALKING TRAIL:** - Each lap equals 1/3 Mile.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** - Card tables available for your use on a daily basis.



- **BILLIARDS/POOL:** Pool tables available Monday – Friday from 8:00 a.m. to 3:45 p.m. except Wednesdays from 1:00 to 3:45 p.m.



- **COMPUTER LAB:** - The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday morning from 9:00 to 10:30 a.m. Ryan and Jack are here to assist you and answer your questions regarding computer. Come in and let them help you out!!

REGULAR SCHEDULED ACTIVITIES:



- **EXERCISE CLASS** meets Monday and Thursday mornings at 9:00 a.m. We meet in the Banquet Room. Our exercises are designed to help keep your joints limber.

TLC CLASS (Tender Loving Crafts Class):



- Are you ready to try something new? We've got just the thing for you! Join the TLC (Tender Loving Crafts) Class at **9:00 a.m. Tuesdays** in the Craft Room. The studio fee is \$3.00 per session. Project supplies will be at cost. Stop by and see what we're making. Betty Hoffman is the delightful teacher who comes up with the various projects. This month's projects are:

- Jan. 5th**– Bird Houses
- Jan. 12th**– No Class
- Jan. 19th**– Decal on China
- Jan. 26th**– Wood Burn Plaque



- **SINGING SENIORS:** The Singing Seniors meet on Friday mornings at 10:00 a.m. at the Habig Center. On **Friday, January 22nd** we will be singing at The Waters/Jasper at 10:00 a.m. Come join us some time.



- **BINGO** will be held on **Tuesdays, January 12th and 26th** beginning at **12:00 noon**. We ask you to keep bills to \$5 and under or correct change. Thanks for your cooperation. Cost \$1.00 per card to play all 50 games and \$.25 to play in the two coveralls. Beginning at 11:30 a.m. someone will be there to collect.



- **BLOOD PRESSURE CHECKS:** We'll have Blood Pressure Checks taken from 11:15 a.m. - 12:15 p.m. on Tuesday, January 12th and 26th. They will be taken from 2:30 to 3:30 p.m. on Thursday, January 21st.



- **QUILTING BEE** will be held on **Mondays, January 11th and 25th** from **9:00 a.m. to 3:00 p.m.** All quilters are welcome to attend and lunch will be provided. We appreciate all the quilting that you do for us!!

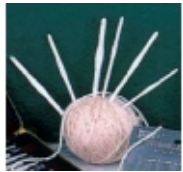
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- **CARD TOURNEYS:**

- **Thursday, Jan. 7th**
Cinch Tourney
- **Thursday, Jan. 21st**
Rum Tourney

Games start at 12:00 (noon) and last till at least 3:00 p.m. \$1.00 entry fee is requested and prizes will be given away. Please sign up by 10:00 a.m. the morning of the tourney. We'll play **6 games** in the Cinch Tourney and **7 games** in the Rum Tourney. Hope you'll join us.



- **CROCHET CLUB:** Are you interested in: teaching others to crochet, learning to crochet, sharing patterns? What do you have in mind for our Crochet Club? We're trying to get more involved. We have had a couple of ladies interested in lessons and may have more in the future. Please give us your ideas for this activity. Also, what day is good for you?

*******SPECIAL ACTIVITIES:*******

- **LUNCH BUNCH:** Your request for Li's Buffet is set for Tuesday, January 19th. We will meet at 11:00 a.m. As usual lunch is dutch treat. Please call reservations in to the Center by 3:00 p.m. on Thursday, January 14th. Hope you can make plans to join us and visit with your friends.

- **BOOK CLUB:** will be held Wednesday, January 13th at 1:00 p.m.



The book we'll be discussing will be "**CHASING THE BEAR**" by **Robert B. Parker**. This book is a young Spenser novel. We hope you'll join us for the discussion. The February book is "**SMASH CUT**" by **Sandra Brown**. We'll also be deciding the March book to read. Everyone is welcome. If you have a good book in mind, be sure to suggest it. We'd love to have you join us!!

- **SUNDAYS:** The Center will be open Sundays from 1:00 to 4:00 p.m. for your enjoyment. Thanks for offering to open the Center. We're still looking for volunteers to open on Sundays. Please call the Center at 482-4455 if you can open for us.

- **THE HABIG ROOM:** The Habig Room will be open for touring by appointments. Call the office at: 482-4455 to set up a time that is convenient for you. Thank you.

- **CARRY-IN MEAL:** This month we are planning a Carry-In Lunch for **Thursday, January 14th at 12:00 p.m.** The menu will be: Fried Chicken from IGA Deli, Drink and your Covered Dishes. **Reservations are due to the Center by 3:00 p.m., Wednesday, January 6th.** Cost of the meal will be \$3.00 plus your covered dish payable on the 14th. Be sure to join us for a fun time!!

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- **Wii GAMES:** Check out our Wii game in the TV Room on the main floor. Games to play are: Bowling, Tennis, Golf, Baseball and Boxing. Come in and give it a try. The room can be reserved by calling 482-4455 ahead of time. We now have the Golf Club, Tennis Racket, Baseball Bat and Boxing Gloves to play the games with and make it more realistic. Hope you'll come in sometime.
- **CORN HOLE:** How about joining us for Corn Hole games on **Tuesday, January 5th and Wednesday the 20th**. Games start at 1:00 p.m. depending on the number coming in that particular day as to whether we play individuals or teams. Come in and give it a try as it is really a lot of fun!!
- **TEXAS HOLDEM:** Join us for Texas Holdem on **Wednesday, January 6th and Monday, January 25th**. Games start at 12:00 p.m. We'll play a round or two (2) for fun and go over things. Like before, you'll get a predetermined amount of chips for \$1.00. Prizes will be given to 1st and 2nd place winners. **Please sign-up by 10:00 a.m. on Tuesday, January 5th for Wednesdays game and 10:00 a.m. on Friday, January 22nd for the 25th game.** Come in and join us for a fun afternoon.

- **RAINBOW MESSENGER:** There's still time to have the 2010 Newsletter mailed to you if you wish. It will cost \$7.00 to have it mailed for the rest of 2010. If you prefer, our Newsletter can be picked up at any of the Centers in Ferdinand, Huntington or Jasper.
- **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day. Thank you!!
- **BOOMERAMA:** This month BOOMERAMA will be held at the Old National Bank (Germantown Branch) on **Monday, January 18th at 12:00 p.m.** Sign-up soon as seating is limited. **You can sign up the same way by calling the Center at 482-4455 by Thursday, January 14th.** This month's topic will be: In the Spirit of reflection on Martin Luther Day.

• **TAX PREPARATION:** We need help for Tax Preparation Vita Program. If you can volunteer, please call the Center at: 482-4455.

- **NEW ACTIVITIES:** We're always looking for a new activities to try here at the Center. If you have any suggestions, please let one of the staff know. We appreciate your help, even if it's something we haven't tried for awhile.
- **WINTER CLOSINGS:** In case of inclement weather, please listen to radio stations WITZ and WBDC for cancellations and/or rescheduling.
- **CENTER CLOSING:** The Center will be closed for New Year's Day on **January 1, 2010**. Look forward to seeing you in 2010!!



HAPPY JANUARY BIRTHDAYS!!

6th Ida Mae Welp
12th Frieda Kunz
13th Paul Campbell
14th Lucille Kuebler
20th Earlene Recker
24th Kathy Buechlein

HAPPY JANUARY ANNIVERSARIES!!

27th Mr. & Mrs. Don Wineinger
28th Mr. & Mrs. Albert Carrico



• RECIPE EXCHANGE:

APPLE CAKE:

4 - Cups Grated Apples 2 - Tsp. Cinnamon
2 - Cups Sugar 2 - Well Beaten Eggs
2 - Cups Flour 3/4 - Cup Oil
1 - Tsp. Baking Soda 2 - Tsp. Vanilla
1 - Tsp. Salt

Mix apples and 1 cup sugar and let stand. Sift 1 cup sugar, flour, baking soda, salt & cinnamon. Then mix with apples; add eggs, oil, vanilla and mix thoroughly. Bake in greased 9" x 13" pan at 350° for 50 minutes.



Submitted by: Helen Schroeder